OTTAWA (R)

Magnotta schizophrenic, defence claims

Murder trial begins PAGE 10

Hong Kong cops Disability aid soften tactics

Pro-democracy protests grow as police defend their use of tear gas on protesters PAGE 8

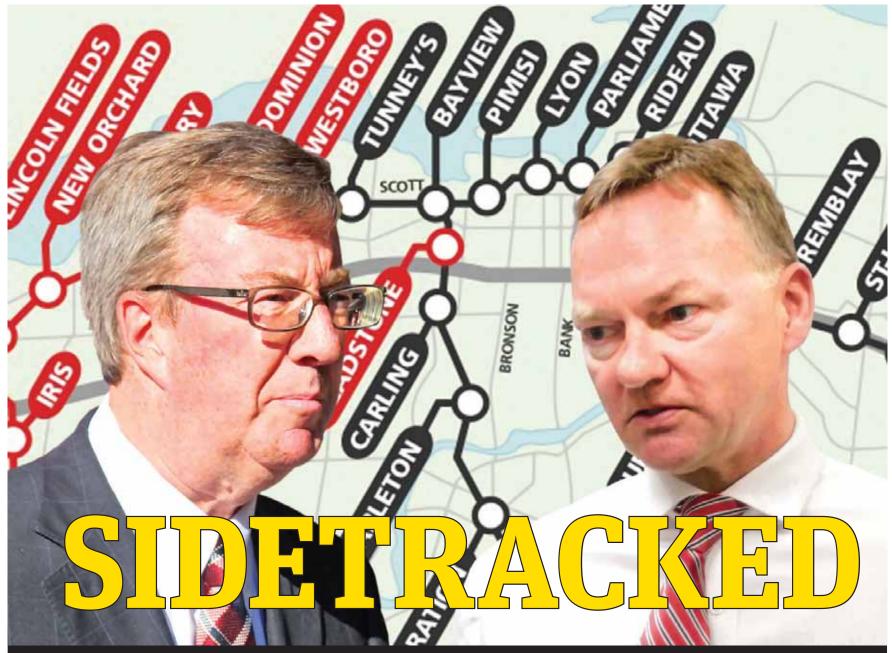
Activists gather at city hall to highlight poverty as an election issue PAGE 6

Get a healthy start this fall

Four things you can do to boost your mood and your immune system PAGE 18



LiVE 88 5_{fm}



But who's sidetracking who? Ottawa Mayor Jim Watson says challenger Mike Maguire's plan is poorly planned, not feasible and would waste all the work that's gone into the LRT so far. Maguire, who on Monday released his own plan to use existing VIA rail track for commuter rail, says Watson's plan is too expensive for Ottawa taxpayers and will take nine years to finish. See story, page 4.



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FIVE THINGS YOU NEED TO KNOW TODAY

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TEEN PIMPING RING SENTENCING

The Crown is expected to ask a judge Tuesday to sentence a teenage girl as an adult for running a teen pimping ring in Ottawa's south end in 2012.

SOCCER CITY

FIFA's head of women's football visits Ottawa Tuesday to inspect TD Place at Lansdowne Park. Tatjana Haenni wants an update on host city preparations for the 2015 soccer tourney.

THIS IS ... PRICEY

A restaurant in the heart of London's swish Mayfair claims to have created the world's most expensive cocktail, in honour of singer Grace Jones, valued at more than \$14,300.

4 BYNES ON BAIL

Amanda Bynes was arrested early Sunday in California on suspicion of driving while under the influence of a drug, authorities said Monday. She was released on \$15,000 bail.

5 NO GIRLS ALLOWED

In January, Iceland hosts a UN 'barbershop' conference on women and gender equality, and only boys are invited. It will bring together only male leaders.

It's difficult to reach out for help, say first responders

Staff Sgt. Kal Ghadban. As Ottawa police grieve the loss of their colleague, other emergency workers say trauma is all too common

A former police officer who spent 12 years working the beat in Windsor says the stress of being a cop can get to anyone — even the most highly ranked officer.

Sandy Dapoz gave up her gun and badge years ago, as shift work and stress became too much for her to handle.

"It's obviously high levels of stress due to your rank, the pressure, the image you always have to pursue on and off duty," she said. "You are constantly being judged, good and bad. The majority of it is negative."

High-ranking police officer Staff Sgt. Kal Ghadban took his own life Sunday at Ottawa Police Headquarters — it's the 23rd first responder suicide since April 29. Ghadban had been head of break and enter, street crime and human-traf-

ficking units for the force.

Ottawa police have said they were taken by surprise by the suicide, but Dapoz says it's sometimes hard for cops to talk about their own problems at work — especially for highranking officers.

"If it's something personal like someone is going through a divorce or having financial difficulties, that is going to be uncomfortable for them to discuss that with their fellow teammate unless they feel a connection," she said.

Vince Savoia spent 10 years as a paramedic in Toronto and is now at the forefront of raising awareness for first responder suicides through his organization the Tema Conter Memorial Trust.

He said he struggled for years with Post Traumatic Stress Disorder and suicidal thoughts, but it took him even longer to work up enough courage to ask for help. He said the choice to actually pick up the phone and ask for help saved his life. "There is a very awful stigma out there amongst first responders that it's shameful to come forward and ask for help when they need it most," said Savoia. TREVOR GREENWAY/METRO



Flags fly at half-mast Monday at the Ottawa police headquarters on Elgin

Family statemen

'Heartbroken'

Ottawa police media relations released the following statement from the family of Staff Sgt. Kal Ghadban Monday:

"We are heartbroken to have lost Kal so tragically and so young. He will be dearly missed by his wife, his three children, and his entire family. He was a proud and devoted husband and father, and an excellent police officer; a role he dedicated himself to for more than two decades.

We would like to thank his friends, his colleagues and the community for their support and for keeping our family and friends in their thoughts and prayers.... The loss to our family will remain but the outpouring of love we have received for Kal has been comforting. As we continue to grieve and honour him, we would ask that our privacy be respected.... Thank you."





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metronews.ca
Tuesday, September 30, 2014

Mayoral candidate presents his alternative to LRT Phase 2

Municipal election.

Incumbent Mayor Jim Watson dismisses plan as 'fallacy'



TREVOR GREENWAY trevor.greenway@metronews.ca

Mike Maguire admits the second phase of Ottawa's LRT is "more efficient," than his alternative plan, but he still wants to scrap the entire thing and start from scratch.

The mayoral candidate told journalists that Ottawa Mayor Jim Watson's plan for a second phase of light rail is too expensive for the city to afford. He says even though the ball is already rolling, "it won't happen."

"We can talk about these glowing plans, these beauti-



ful dreams — the people can't afford them," said Maguire, while showing off his own plan that would send trains on track owned by VIA Rail to Kanata, Barrhaven, Riverside South and Orléans. He said his plan would

A cost \$355 million versus n, the \$1.2 billion in costs for s. Phase 2.

"We have a deep, deep

debt problem in the city of Ottawa," he said.

Maguire's alternative commuter rail service would feature four morning and evening trips on four different existing rail lines that would take a total of 6,400 passengers per day in and out of downtown.

The plan would need to be negotiated with VIA Rail and although the mayor hopeful hasn't started those discussions, he said, "they are going to agree to something."

thing."

"Will they be able to agree to something that makes commercial sense for us? It's a good question, I don't have an answer," he said. "They are a business. They are going to say, 'You can have one line in the morning, one line at night,' something like that."

Ottawa Mayor Jim Watson acknowledged that Phase 2

will cost money, but he said it's important to keep the foot on the gas, as voters don't want another "Groundhog Day experience," like when Larry O'Brien cancelled the O-Train extension project in 2007.

"We lost so much money, time and credibility the last time we pushed the reset button," said Watson, referring to \$36 million in cancellation fees and tens of millions more on staff time and land acquisitions.

"We have nothing to

"We have nothing to show for it. That north-south route would be up and running today if it hadn't been cancelled."

Maguire said his alternative plan could be up and running as early as a year from now, but Watson called the timeline a "fallacy."

Ottawa voters will head to the polls to decide on Oct. 27.

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Maguire's rail plan 'makes no sense': Ecology Ottawa

When the executive director of Ecology Ottawa saw Maguire's alternative plan, he said he initially thought it was a joke.

Graham Saul has spent countless hours working with the City of Ottawa to gain consensus from the public and governments on Phase 2 of the LRT plan.

He said it "makes no sense whatsoever" to go back to the drawing board this late in the game.

"We have spent years planning, thousands of hours in public consultations and millions of dollars of environmental assessments to get consensus around Phase 2 of the plan, and this basically throws that out the window in the interest of starting again," Saul told Metro. "This proposal will set us back five years and tens of millions of dollars."

While he agrees that Phase 2 isn't perfect, he said rather than "doing a hatchet job" on the entire plan and proposing alternatives that would take years to study, Ottawa should build on the existing light rail plan.

TREVOR GREENWAY/METRO

cology Ottawa executive director Graham Saul is seen speaking at the roup's 2013 gala dinner. ECOLOGYOTTAWA.CA

Quoted

"We have spent years planning, thousands of hours in public consultations and millions of dollars of environmental assessments to get consensus around Phase 2 of the plan, and this basically throws that out the window in the interest of starting again."

Ecology Ottawa executive director Graham Saul

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Tuesday, September 30, 2014

NEWS
05



Transit union head wants review of bus driver distractions

Last year's fatal crash.

Distractions have grown exponentially, union president says

The president of Ottawa's transit union is calling for a review of bus driver distractions following a transportation watchdog's report on the fatal OC Transpo bus-train collision a year ago.

Craig Watson, president of Local 279 Amalgamated Transit Union, said that "the distractions that are put there by industry or the employer have grown exponentially" since he started driving 23 years ago.

When he started, he said, buses were equipped with a

fare box, a radio and a speedometer. Now, he said, there are several screens, a video monitor, an electronic fare box and new radios.

"You're constantly gambling," he said, calling for a review of the electronic distractions.

There are a number of distractions outside the bus too. Traffic and construction are heavier now than when Watson started driving 23 years ago.

"You go back 20 years, nobody even heard of a bicycle lane," he said. "The amount of people that were on bikes was a lot lower."

Watson's remarks follow the Transportation Safety Board's preliminary report of the fatal bus-train collision on Sept. 18, 2013. The results, released last Wednesday, showed driver David Woodard may have been distracted and speeding, which may have been a factor in the crash that killed Woodard and five passengers and injured more than 30 others.

According to the report, Woodard was observing the video monitor, which showed a passenger standing up on the top floor of the double-decker vehicle. That's against the passenger rules. Woodard may not have pressed the brake hard enough because he was worried about toppling the passenger, said Watson.

The TSB is expected to give a more detailed report on the crash. In the meantime, it's up to the drivers and passengers to be safe on the bus, said Watson. LUCY SCHOLEY/METRO

February 2015

Prestige Furniture to close its doors

Prestige Furniture is closing its doors for good next year, the Ottawa company announced Monday.

Owner Denis Lacroix plans to shut down his family-owned business on Feb. 1, 2015. The Lacroix family opened the store in Orleans in 1977.

"The Lacroix family have been heavily involved with the development of the Ottawa Business landscape over the last 37 years in my venture ... but the furniture industry has always been their passion," Lacroix said in a press release.

JOE LOFARO/METRO

Free event. Breaking Bad co-star RJ Mitte to visit Carleton University

On Friday RJ Mitte will speak to Carleton University students about his perspectives on equality, diversity, overcoming adversity, challenging bullying and how to achieve high-set goals.

Like his character on Breaking Bad, Mitte has cerebral palsy. According to a news release issued by Carleton, Mitte's disability has at times been an obstacle, "but he has learned how to conquer it and turn it into a career asset."

The event is free, firstcome, first-serve and open to Carleton University students, staff and faculty. RSVPs are being accepted on Facebook.

Guests can accompany a current Carleton

pany a current Carleton student, staff or faculty member, but space is not guaranteed.

RJ Mitte

The event starts at 8 p.m. in the Kailash Mital Theatre at Carleton's Southam Hall.



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'It's just so hard to keep up': Activists highlight poverty as election issue

City hall rally. Ontario Disability Support Program money falls short, says recipient



Anti-poverty activists unfurled several homemade quilts at city hall Monday to signify the "eroding safety net" that is plaguing people who rely on the Ontario Disability Support Program and who live below the poverty line.

The campaign originated in Toronto during the previous provincial election when residents would describe which socio-economic issues they face on posters affixed to the quilt.

Ottawa residents who made the quilts here say they

want to put issues such as social assistance, homelessness and transit costs at the forefront of the upcoming municipal election.

Toni Todd, a visual artist, said her ODSP cheque recently increased by one per cent, but it's not enough to pay for her community bus pass or her grocery bill at the end of the month.

"The cheque goes up \$6, my bus pass goes up five (dollars), but then other things cost more," she said. "It's just so hard to keep up. I want to have nice, new clothes, not hand-me-downs or seconds."

Todd also decried ODSP clawbacks on half of her income she receives from her art sales after \$200.

"If they let us keep a little more money, we could probably dig our way out of ODSP," said Todd.

Mayor Jim Watson told the crowd he wants to build on his work done so far in help-

Not enough

"The (Ontario Disability Support Program) cheque goes up \$6, my bus pass goes up five (dollars), but then other things cost more."

Visual artist Toni Todd

ing to eradicate homelessness by working with all levels of government to increase the number of social housing units across the city.

But he said the federal government needs a consistent, national strategy to fight homelessness.

"We can't expect Ottawa property taxpayers to pay for these kinds of social services all on their own," said Watson. "Social service costs should really be the senior levels of government, not ours."



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Ottawa short wins big at Lady Filmmakers Fest

Ottawa filmmakers won big at the Lady Filmmakers Festival in Hollywood over the weekend, scoring best comedy for their 14-minute short, the Buckley Brothers.

Writer and director Rachelle Casseus said the win isn't just good for her movie, but is also a victory for female filmmakers in North America, as the industry is typically dominated by men.

"A lot of people think of comedy and they think you are either a man or you are Rosie O'Donnell or you are Ellen DeGeneres," said Casseus. "I think it shows that women can be funny, too, and women can churn out really, really good stories. It's just a matter of getting people to listen and getting an audience and getting that attention. I think this film and this sort of achievement is going to hopefully let people know there are women in Canada and we are funny and we can do this stuff, too."

The film tells the story of two brothers — one black and the other white — who believe they are identical twins. Or do they?

The two indulge in brotherly shenanigans like swapping IDs and even swapping girlfriends even though they look nothing alike.

İt's Casseus's first film award and she hopes the recognition can put some motivation behind her short film to shop it around to distributors.

^aI believe in our film and I think that it is a great film, but I know that it is pretty competitive in Beverly Hills,

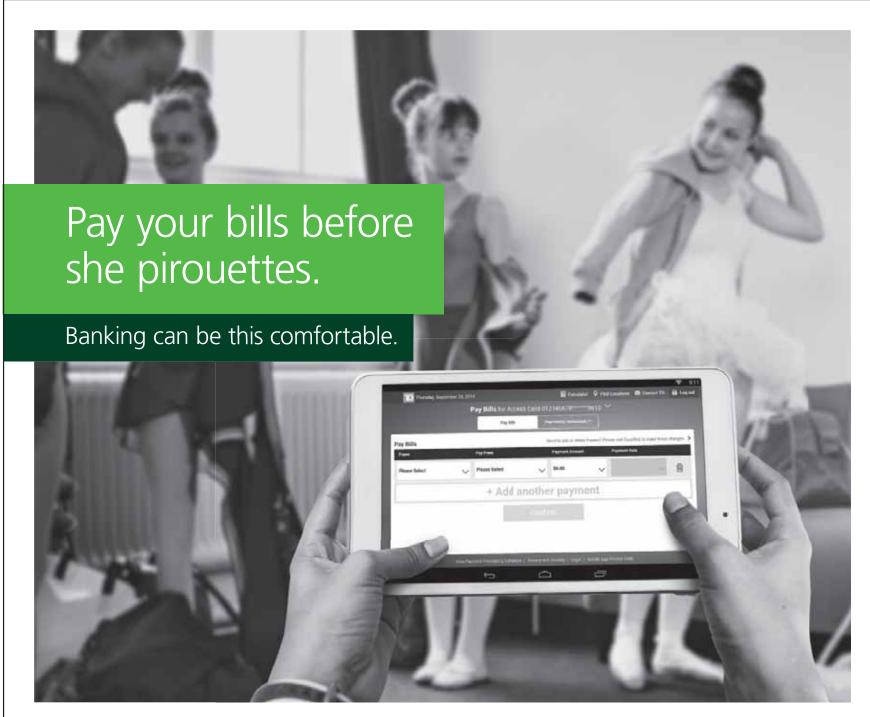
so I was pleasantly surprised that we had taken that home," she added.

There is no timeline on a Canadian release for the Buckley Brothers, but Casseus and her crew, which includes co-writer Charles Ebbs and a handful of other Ottawabased producers and film crew members, hope to get it into some bigger film festivals this year.

TREVOR GREENWAY/METRO



The Buckley Brothers director Rachelle Casseus, middle, walks actors throug a scene. CONTRIBUTED



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metronews.ca Tuesday, September 30, 2014 metr⊕

Hong Kong police soften tactics against pro-democracy protests

87 rounds of tear gas.

Forceful attempts to disperse demonstrators Sunday drew tens of thousands more into the streets

Hong Kong's embattled police defended their use of tear gas but softened their tactics Monday after forceful attempts to quell pro-democracy protests drew tens of thousands more people into the streets in an unprecedented show of civil disobedience.

'The students are protecting the right to vote, for Hong Kong's future. We are not scared, we are not frightened, we just fight for it," said Carol Chan, a 55-year-old civil service worker who said she took two days off to join the protests after becoming angered over police use of tear gas Sunday.

Instead of candlelight, a few hundred people staged a brief "mobile light" vigil Monday night, waving their glowing cellphones as the protests stretched into their fourth day. Crowds chanted calls for the city's unpopular leader, Chief Executive Leung Chun-ying, to resign, and sang anthems calling for freedom.

Students and activists have been camped out since late Friday, demanding that Beijing grant genuine democratic reforms to the former British colony.

Signalling it doesn't expect a quick end to the demonstrations, the government said it was cancelling a fireworks display planned for Wednesday's celebration of National Day. During that holiday and a traditional holiday on Thursday, still larger crowds could flood the streets



Police said they used 87 rounds of tear gas Sunday in what they called a necessary

but restrained response to protesters pushing through cordons and barricades. They said

41 people were injured, including 12 police officers.

Beijing can't crack down too harshly

Pro-democracy protests in Hong Kong have handed China's Communist leadership a thorny political dilemma. Beijing cannot crack down too harshly on the semi-autonomous territory where a freewheeling media ensures global visibility, but it is determined to end the demonstrations quickly so as not to embolden dissidents, separatists and anti-government protesters elsewhere in China. It has blocked most news and images of the protests from being published on the mainland.

Japan

More bodies found at volcano

Toxic gases and ash from still-erupting Mount Ontake forced Japanese rescue workers to call off the search for more victims Monday as dozens of relatives awaited news of their family members. Rescuers found five more bodies near the summit of the volcano, bringing the death toll to 36. THE ASSOCIATED PRESS

Anti-Islamic ads pulled from transit system

A group running a series of anti-Islamic ads in New York City's transit system is pulling an ad that shows James Foley with the masked militant who killed him. They are being yanked after criticism from the American journalist's family. The ads are bankrolled by a group led by blogger Pamela Geller. Geller's attorney, David Yerushalmi, says the Foley family was notified that the ads were being pulled. THE ASSOCIATED PRESS

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Bullet holes. Artists take aim at U.S. gun violence in New Orleans exhibit

The wall of a downtown New Orleans art gallery has been riddled with bullet holes.

It's not another act of brazen gun violence but rather a thought-provoking work of art. In each hole is a bullet casing, its back painted with the tiny portrait of a child under the age of 6 killed in New Orleans gunfire.

The persistence of urban gun violence has inspired more than 30 artists from across the country to contribute to the exhibit, Guns in the Hands of

The artists took the stocks, barrels, cylinders and other parts of dismantled guns slated to be destroyed through a city buyback program and transformed them into art.

The exhibit is opening Oct. 4 at the Jonathan Ferrara Gallery in New Orleans, for decades one of America's deadliest cit-

Although murder rates are down from recent years, shootings persist.

A pizza delivery driver was recently shot to death during a delivery. Over the summer, a drive-by shooting left two people dead and several others injured, including a woman and her two young children. Another shooting killed a woman on the city's famous Bourbon Street.

THE ASSOCIATED PRESS





A model holds the Nexplanon birth-control hormonal implant. Sexually active teen girls are encouraged to use IUDs or hormonal implants, birth-control methods the American Academy of Pediatrics says are more effective than pills or condoms. MERCK FUE/THE ASSOCIATED PRESS

Long-acting birth control better for teens: Doctors

Superior success rate.

IUDs and hormonal implants are near 100 per cent effective, U.S. pediatrics group says

Teen girls who have sex should use Intrauterine devices (IUDs) or hormonal implants — long-acting birth-control methods that are effective, safe and easy to use, a leading American pediatricians group said.

IUDs are small, T-shaped devices containing hormones or copper that are inserted into the womb to prevent pregnancy. Hormone-based implants are matchstick-size plastic rods that go under the skin of the upper arm.

In an updated policy, the American Academy of Pediatrics says condoms should be used every time teens have sex to provide protection against sexually transmitted diseases that other forms of birth control don't provide. While condoms are the most common birth-control choice among teens, they are among the least effective methods.

The pediatrics group said both IUDs and hormonal implants have lower failure rates — nearly 100 per cent effective — than birth-control pills, patches and injections.

While more expensive initially, the medical procedure saves people money in the long run compared to overthe-counter birth-control options that must be consistently used, said Dr. Mary Ott, a pediatrics professor at Indiana University.

IUDs last between three to 10 years, while hormonal implants last three years

"All methods of hormonal birth control are safer than pregnancy," Ott said.

The revised policy also addresses how excess body weight impacts the effectiveness of birth control.

THE ASSOCIATED PRESS

Fewer jobs, no kids. Low birth rates associated with recession, study finds

During recessions women have fewer babies according to new research. A new study suggests that some women living in the U.S. through an economic downturn are less likely to have kids.

Past studies have generally shown women cut back on hav-

ing babies when unemployment rises. In tough times many couples feel they can't afford to start or add to a family, therefore births decline.

The report says about 151,000 women who were in their early 20s during the 2008 recession will likely

forgo having children, roughly 427,000 fewer births.

Researchers used birth records and census data to track the reproductive histories up to age 40 for every woman born in the U.S. from 1961 to 1970. That's about 18 million people. THE ASSOCIATED PRESS



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Health

Medical body-scan company attracting Canadians to U.S.

A U.S. company that's been scanning the internal organs of Canadians for years says it attracts cross-border clients with the pitch it can detect hidden health risks before it's too late.

"A BODY SCAN Can Save Your Life!" reads the bold headline on Canadian newspaper advertisements for Ultra Life Inc., a firm offering bargain-basement ultrasound screenings.

The company's owner says the ads have been drawing Canadians to temporary clinics in U.S. border towns for at least a decade.

Some physicians recommend a cautious approach to unprescribed ultrasounds because results can be wrong, such as identifying a medical problem that doesn't exist.

THE CANADIAN PRESS

Fighting extremism

Anti-radicalization booklet issued by Islamic groups

Islamic groups across Canada have issued a booklet aimed at helping parents recognize when their kids are at risk of being radicalized

The Islamic Special Services Association says the goal is to help get to young people before radical extremist groups.

The association says the 37-page booklet also helps youth understand that the Qur'an is being distorted by extremists.

The National Council of Canadian Muslims is helping to distribute the material.

Manitoba Justice Minister Andrew Swan says the strategy is similar to the province's effort to combat the recruitment of young people by gangs.

'In poor taste'

Sun Media offers on-air apology for rant about Trudeau

Sun Media apologized on Monday for an on-air rant by Ezra Levant about Liberal leader Justin Trudeau.

The apology came at the beginning of Levant's Sun News Network show. It was read by a narrator; Levant didn't deliver the mea culpa.

"It is the view of Sun

News that this segment was in poor taste and should not have been aired," the narrator intoned. "We understand why many viewers found both the content and language of this segment to be offensive. We apologize to Mr. Trudeau, his family and to our viewers."

Levant was in hot water for maligning Trudeau over a photo of him kissing a Toronto-area bride, and for slurring Trudeau's mother and late father.

THE CANADIAN PRESS

Magnotta's lawyer tells jury his client not criminally responsible

Jun Lin murder case.

Accused in notorious 2012 slaying suffers from schizophrenia, court hears on first day of trial in Montreal

Luka Rocco Magnotta is schizophrenic and was not criminally responsible when he killed Chinese student Jun-Lin in 2012, his lawyer told jurors Monday.

Magnotta has been diagnosed with borderline personality disorder and there is a history of schizophrenia in his family, Luc Leclair said on the first day of the highly publicized first-degree murder trial.

"I intend to show to you that at the time of the events, he was not criminally responsible," Leclair told the eight women and six men who will hear the evidence.

His comments capped a stunning morning in the

courtroom that began with Magnotta, 32, entering fresh not-guilty pleas to five charges, including murder.

Quebec Superior Court Justice Guy Cournoyer then advised the jurors that Magnotta had admitted to committing the crimes and that their task over the next six to eight weeks would be to determine his state of mind at the time.

Leclair revisited the matter as he spoke to the jurors.

"Mr. Magnotta has admitted the physical acts for each of the offences," he told them. "The other part to each charge is the mental part — so the defence will be focusing on that."

Leclair took the unusual step of addressing the jurors before the Crown had presented the outline of its entire case. He said he wanted to ensure the jury didn't think it was simply "wasting its time."

The lawyer said a large number of medical files will be presented and he hopes that Magnotta's relatives will testify as well. Crown prosecutor Louis Bouthillier told jurors he expects to show them the crimes were premeditated.

"The two words you should have in mind while listening to the evidence are 'planned' and 'deliberate,'" he said.

Magnotta was impassive as Bouthillier said the testimony of a journalist from England will indicate Lin's murder had been in the works for six months

He said the reporter and his media organization received an email in December 2011 that shows Magnotta was intending to kill a human and film the event.

"This email makes it clear that Mr. Magnotta was planning to kill a human being and that he was going to make a movie," Bouthillier told the jurors

He also said they will see Lin's last moments alive, images that were captured by a surveillance video at a Montreal apartment.

THE CANADIAN PRESS



Building made famous in Corner Gas burns down



A building made famous by the hit television series Corner Gas, about small-town Saskatchewan life, burned to the ground on Sunday night.

Grant Clarke, mayor of the small town of Rouleau, Sask., where the former CTV comedy was filmed, said hundreds of people watched as flames engulfed the building.

The structure was used as the local supermarket Foo Mart in the show that featured the fictional town of Dog River. It had become home to a business manufacturing orthopedics.

Tweeted

"Ok so apparently the building that played the old Foo Mart on Corner Gas has burned down in Rouleau, SK. Hope no one was hurt."

Actor Brent Butt, creator and star of Corner Gas, in a post on Twitter

Clarke said the fire was reported around 5 p.m. as 180 people attended an anniversary party at the nearby town hall.

"Someone came in and said there's smoke coming out of the adjoining business," said The fire had grown quickly by the time emergency crews arrived.

"By that time, there was too much smoke and heat. Really they weren't able to get into the building."

Police said no one was hurt

and no other buildings were damaged.

Clarke said the flames were out by about 9 p.m., but fire crews worked overnight to put out hot spots.

"When the fire alarm went, they ran down as well," said Clarke, who added that his first reaction was one of disbelief.

Clarke said crews were waiting Monday for the fire marshal to arrive before they started the cleanup.

"The building is completely gone," he said.

THE CANADIAN PRESS



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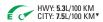
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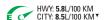


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metronews.ca Tuesday, September 30, 2014 metr⊕ **BUSINESS**

Giving the Big 3 telecoms a run for their money

Competition Bureau.

A fourth national wireless carrier would mean lower prices. says a senior economist

Introducing a new national wireless carrier in Canada would result in lower consumer prices, but regulators need to do more than simply cap wholesale roaming rates to make that happen, the competition watchdog has told the country's telecom regula-

The Competition Bureau called for new wireless regulations as the Canadian Radiotelevision and Telecommuni-

Hold the phone

Despite the impression of some Canadians that they pay among the highest cellphone rates, consumers in many other countries pay more, said the Montreal Economic Institute.

"Prices in Canada are lower than in the United States, Japan, and Australia," the institute said in a statement.

cations Commission launched into yet another delicate juggling act aimed at ensuring that both consumers and industry players benefit from a healthy wireless marketplace.

In a second of three major hearings being held this fall, the CRTC began public discussions Monday over the health of what is considered the backbone of Canada's retail mobile services sector: the wholesale wireless market.

The bureau told the regulator it needs to act to prevent the big three wireless carri-- Bell, Rogers and Telus - from stifling any new competition.

"An additional nationwide carrier would increase choice, expand mobile wireless penetration in Canada ... and drive down the incumbents' average retail prices by about two per cent," bureau senior economist Patrick Hughes told the hearings.

THE CANADIAN PRESS



A possible bailout, with strings attached

The Trump Taj Mahal Hotel and Casino in Atlantic City, N.J., is pictured in 2007. Opened in 1990, the hotel includes 1,250 guest rooms. Gambling has been legal in Atlantic City, one of the few such cities in the United States, since the first casino opened in 1978. Billionaire Carl Icahn is considering spending \$100 million US to save the Trump Taj Mahal casino from closing. But the offer comes with considerable strings attached: Icahn is willing to consider the bailout "if and only if" he gets big givebacks from the casino workers' union, steep tax breaks from Atlantic City and county, and \$25 million in funds from a New Jersey agency. SAUL LOEB/AFP/GETTY IMAGES

metr_® NGRY We are serving up the Metro Burger Poll in partnership with Burgers N' Fries Forever. From Sept. 22 to Oct. 20, choose your favourite burger based on each of the mayoral candidates and share your photo on Instagram using #ottburgerpoll. Will the top burger become Ottawa's next mayor? Keep up to date with the Burger Poll @ metronews.ca/ottburgerpoll Check out the Metro Burger Poll @ Burgers N' Fries Forever located at 329 Bank Street.

U.S. Government tried to regulate banking fees, so banks got creative

The penalty for using an ATM that is not affiliated with your bank went up 5 per cent over the past year in

The average fee for using out-of-network ATM climbed to a new high of \$4.35 US per transaction, according to a survey released Monday by Bankrate.com.

Overdraft fees also surged, rising on average over the past 12 months to \$32.74. That's the 16th consecutive record high, the firm said.

Chequing account fees have been increasing as lenders adjust to federal banking laws and regulations enacted after the 2008 financial crisis. Among the changes: limits on when banks can

charge overdraft fees on ATM and debit card transactions and a reduction in the fees that banks charge merchants for each customer who uses credit or debit cards for their

Lenders have responded by hiking overdraft and ATM fees, as well as increasing how much money customers must maintain in the bank to avoid chequing account

"I expect fees to continue increasing in years to come, but at a modest pace consistent with what we saw this year, just as was the case prior to the onset of these regulations," said the chief financial analyst at Bankrate. COM. THE ASSOCIATED PRESS

Market Minute



(+0.01¢)

14,976.92 (-49.85)

OIL

Natural gas: \$4.14 US (+\$0.11) GOLD Dow Jones: 17,071.22 (-41.93)

\$94.57 US (+\$1.03)



'Tis the season to shop?

Macy's boosting staffing for holiday shopping season

Macy's plans to hire about 86,000 seasonal holiday workers across America to bolster its stores, call centres and distribution hubs, a 3.6 per cent increase from last year.

The department store chain said Monday that the growth is being fuelled by its expanding online busi-**Ness. The associated press**

Holt Renfrew

The store for ladies who lunch opens a menswear shop

Holt Renfrew is preparing to open its first store devoted to menswear.

The Canadian luxury specialty retailer is launching Holt Renfrew Men in downtown Toronto on Wednesday.

The two-level location is just steps away from the retailer's flagship Bloor Street store, and is part of its growth plan to expand its store network by 40 per cent. THE CANADIAN PRESS

ELLO, IS IT ME YOU'RE LOOKING FOR?

Facebook celebrated its 10th anniversary back in February, which means many of us early adopters have spent over a decade with the now-ubiquitous social network. There have been plenty of growing pains along the way of course; in recent years, the loudest complaints from users have been concerns over privacy and the saturation of advertising.

Enter Ello, a new site hyping itself as the simple, beautiful and ad-free alternative to the world's largest social networking platform. Currently still in its invite-only stage, more than 35,000 people an hour are requesting to join the beta-phase bandwagon. Ello's uncluttered Tumblr-esque design features plenty of whitespace and is noticeably free of promoted posts and sponsored content.

The site doesn't have an "about" page; it has a rather dramatic anti-establishment manifesto intended to lure users away from Facebook by pointing out FB's pitfalls. "Every post you share, every



Jessica Napier

friend you make and every link you follow is tracked, recorded and converted into data," it reads. "You are the product that's being bought and

But isn't that always true, to a certain extent? We rent out our eyeballs to advertisers every time we open a magazine, turn on the television or go to the movies. There's no such thing as a free lunch; someone is always going to try and sell you something, whether it's a product, a service, or an

Anyone who spends hours a day on a free website should forfeit any naive notions about privacy. It's your choice if you want to give up personal data in exchange for access to an open platform that al-

lows you to connect with friends and family across the world, share and store images and send out party invitations with ease.

My own Facebook newsfeed is full of promotional content

hawking wedding rings and weight-loss supplements. You can tell what sort of top-secret personal information advertisers are gleaning from my account: oh, a woman in her 20s — she must be desperate to be married and thin!

I'm more inclined to laugh and roll my eyes than feel like my privacy has been violated. Like any good millennial Internet user, I've simply trained myself to gloss over the ads and recognize promoted content over the legitimate updates.

Ello promises that it will never collect or sell your data to thirdparty advertisers. The site plans to generate revenue through other methods such as charging users a fee to personalize their profile page or download value-added features. I guess time will tell if this strategy actually pays off. I suspect most of us won't be willing to pay for services we're used to getting for free.

Despite its radical proclamations of transparency and social revolution, Ello just seems like another online destination to add to our growing list of passwords to remember and profile photos to stress over.

Burn your demons



Good triumphs over evil at Dussehra festival

Dussehra, considered one of the most important Hindu festivals, is celebrated across Nepal, India and Bangladesh in various incarna-

The festival celebrates Lord Rama's victory over the 10-headed demon king, Ravana. The day also marks the

Goddess Durga's triumph over

This year's festival kicks off Tuesday. It is usually celebrated in September or October on the 10th day of the month of Ashwin, according to the Hindu lunisolar calendar, with nine days of celebrations leading up to it. This corresponds to the Indian harvest season.

To ensure the renewed productivity of the soil, the Mother Goddess is said to be invoked.

Many people of the Hindu faith observe the celebrations through social gatherings and food offerings at home and in temples throughout India and Nepal. Parades are also held and effigies of Ravana are burned at bonfires. **METRO**

Dasha (sun) Hara (defeat)

> The name Dussehra is derived from Sanskrit. It can be translated as "remover of bad fate."

MetroTube

Meowy wowy



It's not for us to tell you how you should go about enjoying a video of adorable kittens in tiny cowls performing stunts and plotting violence. But we would be remiss to not point out how the details the guards doing nothing at all, dramatic leaps into haystacks point to a genuine affection for



the Assassin's Creed series. If you're into this, there's a whole lot more where it came from at voutube/mrtvcow.

@metropicks asked: Girl meets girl. Girl falls in love and proposes at Brooklyn Bridge but loses ring, dropping it forty feet. Girls crestfallen. NYC cops find ring. Girls thrilled. What's your best lost and found story?

@SudioC: My dad lost wedding ring raking leaves . It was found the following June, on wedding anniversary, after he died.

Join the conversation @metropicks.

metr_@,

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 14 in Scene and page 34 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps: 1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!

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DVD review



Transformers: Age of Extinction

Director. Michael Bay

Stars. Mark Wahlberg

0 0 0 0

Transformers: Age of Extinction, the regrettable fourth emission from Michael Bay's robot alien movie franchise, is long, loud and really stupid.

With a whole new cast of humans plus some additional robots, featuring Mark Wahlberg as lead gawker replacing the skedaddled Shia LaBeouf, director Bay has essentially rebooted his own series.

But with a bloated running time of 165 minutes, neither he nor screenwriting accomplice Ehren Kruger seems to understand or care where this noise goes anymore.

This is a property known for huge explosions and clanking machinery, and if that's what you want, Age of Extinction has plenty. As for intelligence, wit and genuine thrills, not so much.

Surrounding these earbashing bots are a gaggle of dumbfounded and/or malevolent humans and, frankly, everyone here is as boring as a tax seminar.

As a character says all too knowingly, something Bay should take to heart: "Tank's empty, bro."

ETER HOWEL

Lykke Li is Sleeping Alone and OK with it

I Never Learn. Swedish singer talks songwriting and growing up

KASIA PILAT

The day before she kicks off a three-month tour, Lykke Li is in Seattle, about to rehearse for her performance at the Moore Theatre the following night. Any musician would certainly feel some pressure facing such an intimidating tour schedule: 26 cities in 47 days, down both coasts of the States with a night in Canada and one in Mexico before eight nights in Germany, France and the U.K. But if Li feels it, she sure isn't letting it show.

"When I write, I just write whatever I'm feeling and I try to not censor myself, as I know that the truth is the most powerful," the 28-year-old Swedish chanteuse tells us of the songwriting habits that led to her three full-length albums: 2008's compelling breakout debut Youth Novels, 2011's Wounded Rhymes and I Never Learn, released earlier this year.

The albums were all met with across-the-board critical and popular acclaim, but it would be unfair to reduce Li's success to her having figured out some sort of tried-and-tested formula — the perfect combination of salty and sweet, a balance between defiance and compliance that defines her signature sound, like the dancey I'm Good, I'm Gone, off her debut album. In the end, at the



core of Li's music there is pure, unrestrained honesty.

I Never Learn completes a truth-telling trio of albums, the last of three Li was contracted to make when she signed her record deal with LL Recordings.

"I made a choice early on,

on my first record, to write very biographically about the pains and hardships and being a young woman, and I think that this time between 21 and 27 are really kind of what defines you, what's going to define who you become, so I real-

Mmmm

Music, movies, modelling and... mezcal?

- In addition to a contract with VIVA Model Management agency, an acting gig in the Swedish crime film Tommy and an appearance on U2's The Troubles, Li plans to start a mezcal company. But her music is never far from her mind.
- "I always want to grow as a songwriter. So whenever I'm done with a tour, I'm going to write songs about my feelings."

ized I already started making a trilogy subconsciously and then I ended it with I Never Learn," she says.

In I Never Learn, Li airs out a range of sentiments that, in the hands of a less talented songwriter, could quickly have devolved into self-absorbed indulgence.

But hurt, shame, sadness, guilt and longing are her songs' specialties, and the album wraps up neatly with the closing track, Sleeping Alone, where Li seems to give in to her gut feelings once and for all. "Love was my shoreline / I stare myself blind / Now was not out time / No I let you down" is a long way from the Youth Novels of six years ago.

"That's what naturally happens to you as a woman, you are someone at 21 and you're someone else at 28, hopefully," says Li. "And hopefully you've lived and learned and crashed and burned."

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A CHEATSHEET OF TODAY'S SONG TITLES IS ON THE METRO PLAY PAGE.

LISTEN TO







Novel Cronenberg-style — eat, prey, lust

Consumed. Bodyhorror director realizes childhood dream with release of his first book — a tale of mutilation and cannibalism

As a kid, body-horror master David Cronenberg thought he would become an author, not an auteur.

His father was a writer and Cronenberg says penning story and dialogue also came easily to him growing up in Toronto.

"If you had asked me when I was 16, I would have said, I'm sure I'll have published my first novel by the age of 21," the celebrated writer-director said in a recent telephone interview.

Fifty years after that target, that childhood dream has finally come to fruition with the publication of Cronenberg's debut novel, Consumed (Hamish Hamilton Canada, in stores Tuesday).

The story of two young journalists pursuing different but intersecting projects has all the hallmarks of a typical Cronenberg thriller — from body mutilation and cannibalism to science fiction and kinky erotica

The crime mystery starts with Canadian journalist Naomi Seberg investigating a grisly case involving an illustrious pair of philosophers from Paris. Celestine Moreau and Aristide Arosteguy were seemingly happy in their unconventional marriage — until authorities announced she was found



butchered and partially eaten in the couple's apartment, and he was a suspect.

As Naomi travels to Tokyo to find the missing Aristide, her boyfriend Nathan Math gets caught in a web of stories involving a Hungarian surgeon, his breast-cancer patient and a Toronto doctor who was the founder of a sexually transmitted disease that Nathan contracts.

Cronenberg, 71, said he started writing the labyrinthine tale eight years ago. The Fly director originally intended it to be a screenplay but it wasn't working, so he decided to turn it into a novel on the advice of Nicole Winstanley, president and publisher of Penguin Canada.

He made four or five movies during the writing process — including Eastern Promises, A Dangerous Method and the upcoming Maps to the Stars, out Oct. 31 — and "would literally have to take a year away from writing the novel or more" before returning to it.

"It was a very strangely sort of segmented kind of writing, very odd, and probably not the way most people do it, and I would love to know what it would feel like to sit down and write a novel and see how long it took — a year, two years, whatever, and maybe that's what I'll do next," he said.

Yes, that means he'd like to write another novel.

"I really enjoyed it a lot," said Cronenberg. "It's so completely different from any other kind of writing I've done — screenwriting, primarily, and it's very, of course, different from movie-making in

CONSUMED A NOVEL DAVID CRONENBERS

On writing a novel

"I really enjoyed it a lot... You're kind of moving characters around a room as they talk, and that is sort of like directing."

David Cronenberg

general, and yet you are dealing with the imagining in your mind of the characters, of the place. You're kind of moving characters around a room as they talk, and that is sort of like directing."

Cronenberg said he got the inspiration for Celestine and Aristide from the likes of Jean-Paul Sartre and Simone de Beauvoir, noting: "The idea of a philosopher as a public figure is very traditional in France, where you wouldn't find it in America"

France is where Cronenberg is an Officer in the Order of Arts and Letters and is the homeland of his favourite filmakers of the '50s and '60s, including Jean-Luc Godard and Francois Truffaut.

Cronenberg's passion for photography is also felt throughout the story, as Naomi and Nathan frequently discuss and ruminate on which cameras to use. Cameras are but one of many technological devices referenced in the book.

Overall, the story speaks to our obsession with our devices

and technology.

"It's kind of a strange, deforming mirror, like a funhouse mirror, technology," said Cronenberg. "In the 1950s sci-fi world, technology was always inhuman and evil, it was like dehumanizing, and I never bought that because I thought technology comes from us.

"We are the only creatures who really create technology on this scale and it is absolutely a reflection of what we are, the good part and the bad part."

Novelists are often asked if their fiction will be turned into a big-screen adaptation, and in the case of Cronenberg, that might seem a no-brainer.

But while he initially thought he wanted to do that, he eventually realized he "would be bored doing it."

"Now, if some other director loved the novel and wanted to do it, that would be more interesting to me, and I have to say that's a surprise to me, because I never thought that would be the case. But that seems to be where I am right now."

THE CANADIAN PRESS

Star Trek. Could Shatner reprise Captain Kirk role?

Thirty years after his last performance as the intergalactic hero Captain Kirk, William Shatner has been contacted by J.J. Abrams about playing the intergalactic hero in the third instalment of the Star Trek films. At Wizard World Nashville Comic Con, William Shatner confirmed the rumours that had been swirling for several days. The actor admitted that while J.J. Abrams did indeed reach out to him about reprising the role in Star Trek 3, it remains to be seen how he might go about it. Chris Pine, who portrayed Kirk in the most recent film, is 34. Shatner is 83.

"How do you get me 50 years later into the movie? How do you rationalize it? I know it's science fiction, but even I couldn't come up with an idea,"



Shatner said.

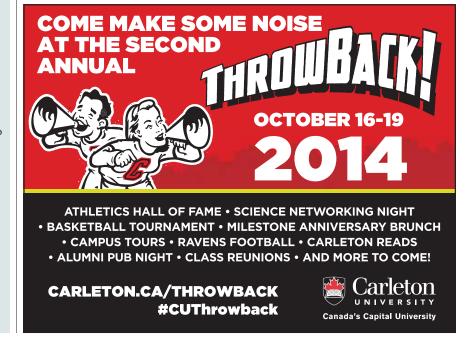
Star Trek fans are also awaiting official confirmation of the next movie's director, though all signs point to Roberto Orci. J.J. Abrams, who declined to direct the movie in order to focus on Star Wars VII, remains involved as a producer.

Paramount plans to release the new feature in 2016. AFP

Tarantino set to start filming in Colorado in December

Hollywood

Quentin Tarantino's next Western, The Hateful Eight, moves closer to production with Colorado picked for its on-location shoot starting in December. Put on hold when the script was leaked in January 2014, The Hateful Eight is alive and kicking, with Colorado's Economic Development Commission confirming its status. Tarantino had suggested a 2015 release back in May, following an authorized, ticketed live read event in April. Shooting is set to start on Dec. 8, 15 kilometres west of Telluride. AFP



metr⊕ metronews.ca Tuesday, September 30, 2014

Will Sleepy Hollow suffer sophomore slump?

Second season. After coming off a bold debut that exceeded expectations, series settles into a more character-driven collection of episodes

Sleepy Hollow was renewed after just three episodes last year, and star Tom Mison, who plays Ichabod Crane, calls the new season "the tricky second album."

"Last season people were . expecting us to be terrible," Mison says of the mythical drama.

"Let's be honest ... (the show's premise is) quite a bold idea. Last season: low expectations. This season: high.

Set in the present, Crane awakens after being killed in the Revolutionary War. He must adjust to the new time period, battle the headless horseman and prevent the apocalypse with the help of police Lt. Abbie Mills (Nicole Beharie). He's also trying to

Sleepy Hollow airs Mondays at 9 ET/PT on Global, and is available online Tuesdays at globaltv.com.

reunite with his wife, Katrina. Beharie says Sleepy Hollow

will be more character-driven

"This year it's a lot more personal, and there are a lot of questions about (whether Ichabod and Abbie) can remain loyal to one another and to their cause," she says.

Some fans are rooting for a romantic link to develop between Ichabod and Abbie. "He's a guy, I'm a girl, and they're like, 'There should be kissing involved," says with a laugh.

"I didn't see that happening. Not at all ... That happens in some shows, but they're sort of focused on saving the world and the apocalypse, so I don't see Abbie wanting to fight over the same romantic guy in any way.

Various Šleepy Hollowthemed books are in the works. The first, The Secret Journal of Ichabod Crane, is now in stores.

Beharie would like to do a pop-up themed episode, various behind-thescenes facts about filming appear on the screen during different scenes.

Sleepy Hollow is filmed in Wilmington, N.C, which Mison says can be "very close to unbearable" when the weather is very humid.

"The noises that I make when the wig comes off and that coat comes off," he joked. 'I've never experienced joy like it." THE ASSOCIATED PRESS

Quoted

"Let's be honest ... (the show's premise is) quite a bold idea. Last season: low expectations. This season: high."

Tom Mison, who plays Ichabod Crane on Sleepy Hollow



Mentoring him could be the start of something big - like a rise in

iteracy

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

London calling: Pattinson says Cali's starting to lose its cool

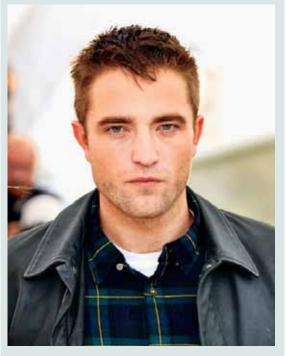


NED EHRBAR Metro in Hollywoo

Great job, Los Angeles. You went and scared off another one. Twilight star Robert Pattinson is apparently checking prices on last-minute flights to London.

"I think I might be done with Los Angeles. I've just realized that in the past few weeks," Pattinson tells The Independent's Radar magazine — though he might just be trying to butter up a British outlet. "I think I need to spend more time in London, or just move around a bit more. I've been in L.A. for six or seven years or something, and it's weird. The more you stay there, especially as an actor, the more you think you need to be there, that you'll be missing out on something by leaving, but you are not, really."

L.A., stop scaring off all the sensitive British boys, or the U.K. will start sending back the celebrities it agreed to take off our hands.







@kelly_clarkson

Having a hard time falling asleep. Can't stop watching my baby girl sleep. I'm addicted to her.



@katyperry

Does anyone else adopt the mood of the movie they see when they leave the theater... For like a solid two hours?!



@pattonoswalt

Red Bull gives you wings, but coffee gives you venquence.



Relatively speaking: Lohan's got a go-to answer for cranky critics

Lindsay Lohan is countering critics of her West End debut, Speed-the-Plow, with a point that's really, really hard to refute: It could've been so much worse. While some have focused on flubbed lines and uninvited audience laughter during her first week of previews, "It could've been a disaster — but it wasn't by far," Lohan tells the Daily Mirror. "I could've not shown

up. But of course I did, it's my show. I'm doing the best I can and will for the duration." If you say so! The best part? It's a rhetorical device you can employ in your own life. The next time your boss is disappointed in your performance, simply offer back that at least you didn't release rabid land-sharks into the office. Manage expectations, people. Manage expectations.

It's coming up on Oscar season, and Brad Pitt has a big Second World War drama, Fury, coming out that he hopes folks will see. So naturally that means it's time to talk to GQ about his personal life. Like his recent marriage to Angelina Jolie. "I wouldn't say (marriage is) just a title.

There's more to it than that," he tells the magazine. Yes, but is he happy? "I've always believed happiness is overrated, you know?" he says. "It's those difficult times that inform the next wonderful time, and it's a series of trade-offs, of events, of wins and losses." OK...



Brad's philosophy of blah:

According to actor, life is

the Pitts, until it isn't

Pirates to set sail on screen for fifth time



It's really happening, mateys. The fifth film in the Pirates of the Caribbean franchise is getting under way Down Under, with pre-production starting this week on Australia's Gold Coast, according to the Daily Mail Australia. Actual filming, though, won't get underway until February 2015, when Johnny Depp is confirmed to arrive to reprise his role as Capt. Jack Sparrow. Orlando Bloom is also said to be in discussions to return to the franchise. Pay no attention to the fact that, much like the fourth film that shot in Hawaii, this one is being made nowhere near the actual Caribbean.



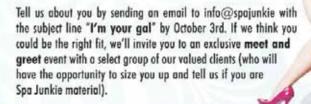
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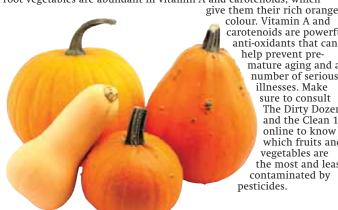
Embrace the changing season

Our bodies respond to the fluctuations in the seasons, so we have to make alterations to our routine, diet and supplement regime. The Canadian Health Food Association (CHFA) has tips to help you prepare for the shorter, colder days ahead.

NEWS CANADA

Eat in season

With the arrival of autumn, it's always a good idea to change up your diet, adding the delicious foods that the season offers. Fresh pumpkins, yams, squash, sweet potatoes, turnips, apples, pears and figs are all rich in fibre, vitamins and minerals. Pumpkins, squash and root vegetables are abundant in vitamin A and carotenoids, which



colour. Vitamin A and carotenoids are powerful anti-oxidants that can help prevent premature aging and a number of serious illnesses. Make sure to consult The Dirty Dozen and the Clean 15 online to know which fruits and vegetables are the most and least contaminated by pesticides.

Detox and supplement in season

We think of spring as the perfect season for cleansing and spring cleaning, but it's just as important in the fall.

A fall detox cleanse will help to stave off seasonal colds, keep your immune system healthy, and prepare you for the colder months ahead.

Visit your local health food retailer, where you can find a number of detox solutions, including teas and supplements, as well as several fall detoxifying foods, such as organic apples and beets.

With the changing season, now is also the perfect time to boost your immune system. As we start spending more time indoors,

cold and flu bugs spread with more ease. Garlic pills, probiotics, vitamins B, C and D, E3 and Zinc are all powerful supplements that will help boost your immune system and help you fight off the nasty bugs that spread in autumn and winter.

Boost your mood this season

As many as 20 per cent of Canadians are affected by seasonal affective disorder (SAD); commonly known as the winter blues. This is a physiological mood disorder that causes depressive symptoms during fall and winter, impacting people that have normal mental



health throughout the rest of the year. To cope with the blues, make sure you are getting enough vitamin D, which is known to boost mood. In fall and winter, we can't produce this vitamin because of the lack of exposure to UV rays from the sun. It's a good idea to talk to your healthcare practitioner about the benefits of taking a vitamin D supplement.

Embrace the season

In between the rainy and windy days of autumn, the sun peeks through just as often. Fall days are made more beautiful with changing leaves and the warm sun. Autumn is filled with beauty. Embrace it and enjoy it before the long cold weather takes over. Take part in fall activities with your family, such as apple picking or local fall fairs.

YOU CAN LOCATE YOUR NEAREST NATURAL HEALTH FOOD STORE, WHERE YOU CAN FIND FRESH SEASONAL FOODS AND LEARN MORE ABOUT BENEFICIAL NATURAL HEALTH PRODUCTS FOR THE FALL ONLINE AT CHFA.CA





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This six-week course by Oxford University Prof. Colin Espie offers a sleep diary and lessons in cognitive behavioural therapy to improve your night's rest. Long-term use requires an expensive subscription.



Count sheep and avoid fasting



BEST HEAITH MINUTE Best Health Magazine

In each issue of Best Health, we find the answers to everyday health questions. Here are three.

Is heartburn a minor prob-

No. If it occurs regularly, over time heartburn can damage the lining of your esophagus, causing complications such as painful or bleeding ulcerations.

If you have heartburn more than three times a week, or wake up in the night because of coughing, wheezing, choking or asthma, talk to your doctor.

Can lack of sleep actually make you sick?

Yes. A study of 24,715 people in Norway in 2013 found that insomnia was a significant risk factor for a range of health conditions, from depression and anxiety to rheumatoid arthritis and

Sleep deprivation can also increase levels of inflammatory chemicals in the body, and inflammation is known to contribute to heart disease.

Moreover, not getting your "vitamin ZZZ" can make high blood pressure worse and even raise your blood sugar.

A Harvard Medical School study found that women who slept five or fewer hours per day were nearly a third more likely to develop diabetes than women who got a more reasonable amount of sleep.

Will fasting help you drop pounds for good?

No. There is evidence that periodically cutting back on daily calories (consuming one third to one half fewer calories) can be good for you, but if you fast, or "detox," for days at a time, the few pounds you lose will probably come back as soon as you start eating again.

Here's why: When you fast, your metabolism slows



down, meaning you burn fewer calories

Some people go on fasts to rid their body of toxins, but there is little evidence this works. If you are in good health, your kidneys

and liver already do a good job of filtering out most ingested toxins. You may feel better, but that's probably because you are avoiding processed foods that have unhealthy fats and added

sugar, which you can avoid without fasting. FOR MORE HEALTHY LIVING IDEAS, FROM FIT-NESS TO FASHION TO FOOD, PICK UP THE OCTOBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.



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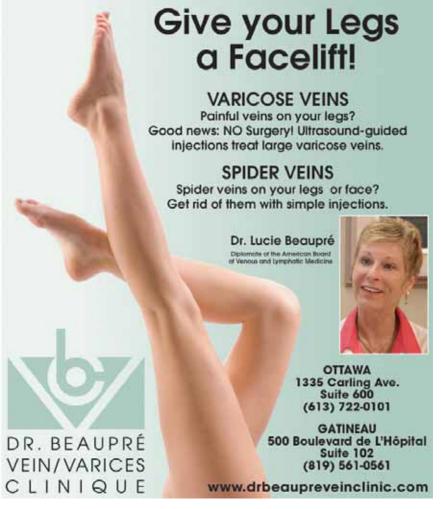
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For dinner this week, try chicken with a whisper of sweet nothings

Health Solutions

If it looks and tastes like sugar, it could be Xylitol



NUTRI-BITES Theresa Albe DHN, RNCP

With the World Health Organization recommending a reduction in sugar to a daily maximum of six teaspoons, you want to find every way possible to cut it out. And many will max out before they even finish their coffee quota.

As far as artificial sweeteners go, some may contribute to blood-sugar levels. Other common complaints are how some leave a bitter taste and can't easily be used in baking. Hmm.

Have you heard about Xylitol? It's derived from the sugar molecule, but only has one portion of the entire composition.

The net result is that it's lower

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> BERT ON TWITTER DAILY AT FRIENDIN-

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glycemic index, which makes it safe for diabetics. It also has 33 per cent less calories than sugar.

Canada-born Xyla (xylitol's consumer-friendly name) is derived from hardwood and "is an easy and all-natural way to indulge in your favourite sweets without all the calories and blood sugar spikes," says Julie Reid of Xylitol Canada Inc.

"Xyla looks like sugar, tastes like sugar and bakes like sugar and can be swapped 1:1 in any recipe."

But unlike sugar, there are actual benefits to its consumption.

It blew me away to discover that Xyla protects tooth enamel by changing the pH of saliva. It has also been shown to prevent ear infections in children.

Xyla is used in products like sugar-free ketchup, toothpaste and mouthwash. Sounds like a good swap to make just before the Halloween Sugar Cavity Monster comes knocking.

> SPECIALIST AND PRIVATE THERESAAL-AND FOUND MY-



Sugar-Free Sweet **Garlic Chicken.** Classic Asian-inspired flavours make this dish an ideal weeknight option

ALBERT

This recipe uses Xyla, a low glycemic, all-natural sugar substitute that tastes and bakes just like sugar

without the calories, cavities or blood sugar spikes.

It is a quick and simple one-pot meal that starts on the stovetop and results in a sticky, sweet Asian flavoured meal.

1. Preheat oven to 425 F.

2. Preheat a cast iron skillet and rub with oil. Brown the chicken drumsticks over high heat and remove, set aside. Wipe any fat from pan and add the sliced mushrooms to brown. Stir in peppers.

3. For the sauce, mix together Xyla, ginger powder, soy sauce, sesame oil and water.

4. Add chicken back to pan and pour sauce over. Turn chicken in mushroom-sauce mixture and place into oven to bake for 15-20 minutes until cooked through. Serve with steamed

THERESA ALBERT IS A FOOD COMMUNICA-TIONS SPECIALIST AND TORONTO PERSON-AL NUTRITIONIST. SHE IS @THERESAAL-BERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

- 1 tsp grapeseed oil
- 2 lbs chicken drumsticks
- 1 lb sliced mushrooms
- 2 red bell peppers, chopped
- 1/8 cup Xyla
- 1 tsp dry ginger powder
- 1/8 cup low sodium soy sauce
- 2-3 drops sesame oil 1/4 cup water



How totally cheesy of you

This easy, cheesy veggie dish will satisfy even picky eaters. Try Gruyère, Emmenthal or Swiss cheese, depending on your family's preference.

1. Melt butter in a small saucepan over medium heat. Add flour; cook and stir for 1 minute. Whisk in almond beverage until smooth then add

Dijon, onion powder and herbs. Cook over low heat for 5 minutes to thicken slightly.

2. Add cheese, a little at a time,

cooking for 2 to 3 minutes or until cheese is melted, stirring frequently. Season with garlic salt and pepper and set aside and keep warm.

Place vegetables in a medium glass bowl and add 1/2inch water. Cover and microwave on High for 6 minutes or until crisp-tender. Drain well and transfer to a serving bowl. Pour warm cheese sauce over top and sprinkle with crushed crackers. Serve immediately.

- 1 tbsp (15 ml) butter
- 1 tbsp (15 ml) flour
- 3/4 cup (175 ml) Almond Breeze®
- 1 tsp (5 ml) Dijon mustard
- 1 tsp (5 ml) onion powder
- 1/4 tsp (1 ml) herbs de Provence
- 1 cup (250 ml) shredded Swiss Light cheese
- Garlic salt and pepper, to taste
- 6 cups (1.5 l) bite-size chunks fresh vegetables (such as bell peppers,

broccoli, cauliflower, squash, carrots and torn fresh kale)

• 12 Blue Diamond® Almond Cheddar Nut Thins crackers, crushed

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CHALLENGES

Navigating the next steps of your career

As you set about identifying new career opportunities, here are a few thoughts on three important factors for you to consider – baby boomers, the economy, and you.

Generational impact

The baby boomers (born 1945-1960) are the largest, oldest generation in the work force. As they retire, prestigious, high paying, leadership positions will be vacated. The boomers are also wealthy — having the time, money, and numbers to ensure their interests are met. Expect to see career opportunities related to lifestyle and wealth management

prosper. As the baby boomers age, careers related to health care will also be more in demand, for example: nurses, personal care workers, lab technicians, as well as physical and vocational therapists.

Economics: local and global

Next, consider the economic sectors that do well in Canada. We are world leaders in banking, insurance, and financial services, with established corporations that are strong and competitive. Opportunities will continue to grow here. We operate within a global economy and it has impact too, posing great risk for those whose job

can be done remotely — but great reward for those whose work must be done on site or in-person. Skilled tradespeople will benefit - if you are building a house in Oakville, you require a carpenter in Oakville. Those who work in health care, hospitality, tourism, and transportation also stand to gain. The creative or knowledgebased worker adds value and creates wealth where there was none before. They are artists, analysts, entrepreneurs, researchers, engineers, and designers. Canada's vibrant information and communications technology sector is built on the innovation and energy of these people.

Staying employable

The third factor that you need to consider is you. It has been said, "to be employed is to be at risk. To be employable is to be secure." Being employed entails risk because you have something you might lose — a job. But by being employable, and keeping yourself there, you have the best insurance going. Keep your skills current, build your network, and do your research. If the unthinkable happens and you find yourself out of a job, it won't matter — because you'll be ready for the next opportunity.

PAUL SMITH, EXECUTIVE DIRECTOR CANADIAN ASSOCIATION OF CAREER EDUCATORS AND EMPLOYERS editorial@mediaplanet.com

EDITOR'S PICK





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EMPLOYING ONTARIO THIRD EDITION, SEPTEMBER 2014

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MEDIA

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The challenges faced by newcomers to Canada who are looking for employment

The challenges faced by newcomers are multi-faceted. From getting foreign credentials assessed to learning and understanding the language, culture and workplace communication styles, newcomers have a lot to take onboard to make themselves marketable in the Canadian marketplace.

Understanding the marketplace

"It's important for newcomers to understand what their resume should look like, what language they should use to describe themselves, and what defines good interview behaviours," explains Sadia Khan, Project Manager at the Consortium of Agencies Serving Internationally-trained Persons (CASIP). "A person may have the experience and education to excel in a job, but if they're not able to present themselves in a way that's credible to an employer, they're not going to get that opportunity."

Prepare to succeed

Newcomers to Canada are advised

to begin the process of preparation before they arrive in the country. This conscientious planning gives new immigrants the best possible chance of finding employment in their industry, within the shortest possible timeframe.

"The longer it takes you to find a job in your profession, the less likely it is that you'll be able to work in your profession," explains Mario Calla, Executive Director at COSTI Immigrant Services, a founding member of CASIP. "Employers may start to think that something may be wrong with your skill set if you haven't

worked in your specialized industry for a sustained period of time."

Being educated on the Canadian job market and culture before landing in the country gives newcomers a distinct advantage in finding a job in their desired industry. "It means that when they arrive they already have a lot of things sorted out," Calla says. "They can connect with the relevant agencies and get right into their job search process."

JOE ROSENGARTEN editorial@mediaplanet.com

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INSIGHT

Post-secondary education in northern Ontario

A postsecondary education continues to be one of the best investments an individual can make in their future. It's also an investment in Ontario's future. People who learn the right skills can get high-paying jobs and actively contribute to our 21st century, knowledge-based economy.

I'm excited to have the opportunity to lead the Ministry of Training, Colleges and Universities because this government has always believed that all Ontarians should have the opportunity to benefit from postsecondary education and training — no matter where they live. That's why, despite challeng-

ing economic times, we continue to build on our record investments in Ontario's postsecondary system, especially in northern Ontario.

In fact, since 2002-2003, we've increased operating grants to northern and rural colleges and universities by 74 percent, funding that helped support more than 35,900 spaces at northern colleges and universities in 2013-2014. And our government provides additional funding to northern and rural postsecondary institutions, beyond regular operating grants, because we know that these institutions often face additional costs.

Boosting our economy

These investments help keep talented young people in the region and boost the local economy. "These investments help keep talented young people in the region and boost the local economy."

Grants like our Ontario Distance Grants, which provide funding of up to \$500 per term for travel and commuting costs, provide students in northern Ontario with additional support for expenses related to their postsecondary education and training.

Our government is investing in infrastructure for the Ring of Fire and preparing people for jobs in the area with innovative, first-ofits-kind skills training projects like the Aboriginal Skills Advancement Program. We're providing nearly \$3 million for this program and work-

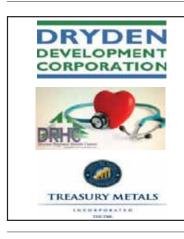
ing with the Matawa First Nations and Kiikenomaga Kikenjigewen Employment and Training Services, or KKETS, in Thunder Bay. That means that more than 100 Aboriginal learners will have the opportunity to access postsecondary education and training programs and build the skills they need to enter the local labour market.

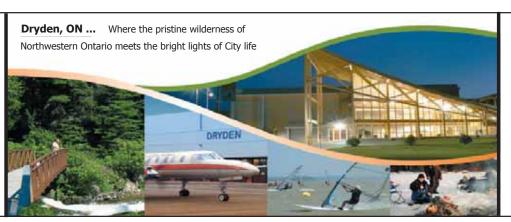
KKETS is also partnering with regional colleges to provide programs that help prepare Aboriginal learners for jobs in the growing mining sector and other supportive industries. These are the kinds of creative programs and partnerships that can really make a difference in people's lives.

I look forward to visiting the wonderful institutions and training centres in northern Ontario that continue to build the region's reputation for excellence in post-secondary education and training. Everyone in the province should have equal access to world-class opportunities, and we will continue to support innovative programs that ensure this continues to be the case in northern Ontario.

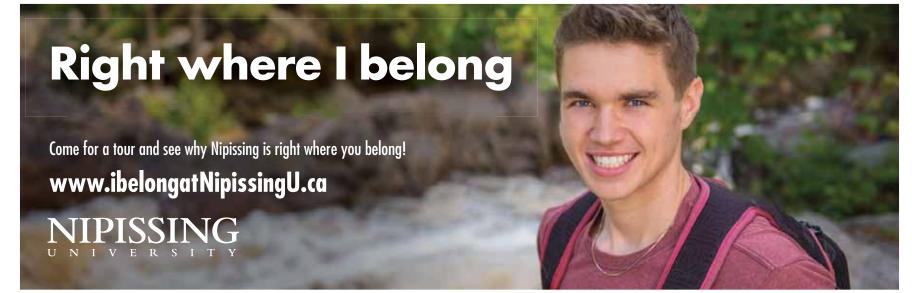
REZA MORIDI, ONTARIO MINISTER
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INSIGHT

Explore careers in the financial services sector

Whether your degree or diploma is in business, the liberal arts, engineering, or anything in between, there's an opportunity for you in the financial services sector.

Unlocking your potential

The health of the industry is strong. The key ingredients for job seekers looking for an opportunity include knowing where to look and what skills are needed for their specialty. When considering a job in the financial services industry, it's important to consider your career path. There's room for advancement in the sector, and your first position is more than just a job, it's the first step in your career.

Dr. Catherine Chandler-Crichlow, Executive Director of the Centre

Career opportunities

The CoE works with the financial services industry in Toronto to assess which careers are most in demand each year. At the time of publication, the CoE's research showed the most in-demand financial services careers include: insurance underwriters, actuaries, claims adjusters, and business analysts.

What career seekers don't always understand is the diversity of educational backgrounds that make them suitable for these careers, said Dr. Chandler-Crichlow. It's important to focus on educating post-secondary and high school students so they understand the broad opportunities available and what technical training they need, she notes.



"It's not just banks, it's insurance companies, pension fund management firms, mutual fund companies, asset management firms, credit unions and so on."

of Excellence (CoE) in Financial Service Education in Toronto, says it's common for people to assume banking is the only option in the financial services industry.

"It's not just banks, it's insurance companies, pension fund management firms, mutual fund companies, asset management firms, credit unions and so on," she says.

Additional skills

However, technical education may not be enough. Dr. Chandler-Crichlow says it's up to students and job seekers to develop soft skills like customer service and team work, that are so vital to most jobs in any sector.

"Those who are in most demand are the graduates with the experi-

ence as well as a mix of both the technical and the soft skills," she adds. Students have options for developing these skills, for example they could join a campus club, volunteer, or participate in a case study competition, she said.

Chris Polson, president of CFA Society Toronto also says more than an undergraduate degree is needed. His suggestion is to commit to a designation, like a chartered financial advisor. Having a professional certification may give job seekers an extra leg up over the talent pool.

"If you're capable of passing those exams, I think you distinguish yourself at a level above and beyond what undergraduate degrees typically offer," he says.

Polson specifies that the candidate doesn't need to have completed every course or exam within a program to improve their chances of getting an interview. Simply showing progress should help convey their skills and commitment.

The future of the sector

The financial services sector is working to further nourish the

public's trust after the global recession. "Providing exceptional service to our clients is first and foremost, the number one thing we can do," Polson says.

Both Polson and Dr. Chandler-Crichlow said the financial job market is competitive. Job seekers need to identify which area of the financial sector they are interested in, identify the skills listed in job descriptions and work to develop them.

JAIME MYSLIK

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About the Centre of Excellence in Financial Services Education

The Centre of Excellence in Financial Services Education (CoE) represents a commitment of the Ministry of Training, Colleges and Universities, the City of Toronto and employers of the financial services sector to strengthen the talent pipeline available to the sector. The CoE is part of the Toronto Financial Services Alliance (TFSA).

The Centre of Excellence:

- Conducts research to identify in-demand careers of the sector;
- Aggregates information on Toronto's talent and educational strengths;
- Works with educators to align their courses to the needs of the sector;
- Holds consultations with key stakeholders on talent and workforce needs;
- Showcases the career opportunities that are available in the Toronto region.



NEWS

The many paths to a fulfilling health care career

It's all too common that young people interested in a career in health care find themselves pushed, overtly or subconsciously, towards medical school without considering the vast wealth of other rewarding health careers.

For every doctor in Canada, there are about six nurses, not to mention the great many medical laboratory technologists, lab assistants, health administrators, and support workers who keep our world-class health care system running smoothly.

Nursing is a passport

Nursing, particularly, is a rewarding field all its own. "Nursing enables you to be part of the journey of people's lives in a much more intense way than doctors are able," explains Doris Grinspun, CEO at the Registered Nurses Association of Ontario. "It's a profession that is inspiring. It inspires you and inspires those that you care for. It's a profession that requires brains, heart, and action. It's a profession that is well-remunerated and allows you to move from specialty to specialty or even from country to country. Nursing is a passport."



There is also Ontario's Nursing Graduate Guarantee program to consider, which funds job placements for new graduates from nursing programs. "Upon graduation you are guaranteed not only employment, but full-time employment," says Grinspun. "In what other profession do you have that?"

Not in any other profession and not in any other jurisdiction, it would seem

The magic of the laboratory

And then there are the laboratory technicians and technologists, who are responsible for much of the behind-the-scenes science in the health care system. "If a student knows they have a love of science and that they love the equipment and instrumentation, I tell them to look into laboratory technology," says Christine Nielson, CEO at the Canadian Society for Medical Laboratory Science. "It's a career that's portable across Canada, and we have members working in 140 countries."

Aging population and retiring health care professionals

Job security, job portability, and career opportunities are a com-

mon thread across all health care professions, and that thread is only going to strenghten as we begin to feel the double whammy of Canada's aging population. A great many baby boomer health care workers are on the cusp of retirement, with 25 percent of medical laboratory technologists expected to retire in the next two years. At the same time, this aging and well-informed population is already causing a dramatic increase in the demand for health care services.

"When we founded Medicare across our provinces just over 50 years ago, the average age of a Canadian was 27, while today it is 47," says Dr. Samir Sinha, Director of Geriatrics at Mount Sinai Hospital and the Provincial Lead for Ontario's Seniors Strategy. "While the patients have changed, our health care and education systems have not kept pace, and now we are seeing the impacts of this."

Our society needs more young people entering every stripe of health care careers. And those who do so will be rewarded not only with a stable, fulfilling, portable, and well-remunerated career, but also with the opportunity to do good in this world on both the grand and the personal stage.

D.F. MCCOURT

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BEST TIPS



New education opportunities for health care professionals

There is very good reason why most hospitals and health organizations prefer to have personnel with front-line health care experience in their management and administration positions. But, at the same time, the challenges of administration are very different from the challenges of nursing or laboratory technology.

Practical learning

Fortunately, colleges are increasingly offering practical degrees and certifications in Health Administration designed for working health care professionals. In addition to Masters programs, there are also programs, which are open to professionals without a university level degree. "It's designed for the full range of health care professionals," says Dr. John Conrad, Associate Dean of the School of Business at St. Lawrence College. "They can come in with whatever experience they have in health care and we will help them take that context and apply business concepts to it, focusing on applied leadership and applied management."

For those looking to make the transition into management and administration, programs like these provide a welcome path forward.

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INSIGHT

Career colleges: the key to employable graduates



"From the employer's perspective, they know they're getting a quality individual who can fill their jobs...
From the student's perspective, it means they know they'll have a job when they graduate."

With unemployment pushing double digits across Canada, the question of what exactly education is for has never been more important.

Certainly there is value in selfimprovement and learning for learning's sake, but it is getting harder and harder for Canadians to justify an education that may not have a job waiting at the end of it. For those with or without a degree, the most pressing issue is one of acquiring the specific skills that lead to employment.

In terms of increased employability, and gaining job-specific skills, prospective students can consider career colleges. Career colleges are private institutions that provide career specific training, often in direct partnership with employers.

There are overlaps in some cases between the programs found at career colleges and those found at community colleges, but according to Career Colleges Ontario Chair George Hood, the big difference comes down to scope and efficiency. "In a one year program at a career college, students in many fields can become fully trained and employable," says Hood. Because

career colleges are tightly focused on job skills, omitting the electives and general education components most community college programs include, the programs are often substantially shorter.

An impressive educational pedigree

There is unquestionable historical precedent for the model. "The Ontario Community College system started in the mid-1960s," explains Hood, "whereas private career colleges have existed for well over 100 years, arguably dating back to at least the 1700s." The National Association of Career Colleges (NACC), established in 1896, is the oldest post-secondary association in Canada and the tradition of private vocational schools has a direct line of descent from the medieval guild system.

The reason this system has survived centuries of economic and political upheaval is an unswerving focus on educating people towards jobs that actually exist. As Canada enters the "skills gap" years, where large numbers of people without jobs exist alongside a growing number of jobs without people, the career college system can help train or retrain people in the spe-





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SOURCE: CAREER COLLEGES ONTARIO

cific skills where are most needed, resulting in highly-employable graduates. "From the employer's perspective, they know they're getting a quality individual who can fill their jobs," says Serge Buy, CEO of NACC. "From the student's perspective, it means they know they'll have a job when they graduate."

Canada Job Grant and the Canada-Ontario Job fund

The importance of career-focused education has not been lost on politicians and lawmakers. The Canada Job Grant program, which was a centrepiece of the 2013 Federal Budget, provides up to \$15,000 of funding for each career college student. This is critically important when you consider that so many new students entering career college programs have already completed university or community college programs and are carrying the associated debt.

For this generation of Canadians, who know an education alone does not guarantee a job, career colleges provide a way to bridge the skills gap. And when that gap is bridged, all Canadians benefit.

D.F. MCCOURT

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INSIGHT

Keeping new and young workers safe

Young and new workers play a major role in Canada's success. It is these young and new workers who are often taking on occupational roles associated with higher safety risk. For the future of our province, we must ensure these workers a long and healthy career through safety training.

Remember your first job, the thrill you felt when you were newly hired? Today, the pressure of winning that prize has grown along with the number of competitors vying for available spots. Youth unemployment stands at an all-time high, so when a young worker

own organization, WSPS — in addition to offering expertise, training and consulting solutions — also oversees province-wide Young Worker Awareness Presentations.

Run by volunteers, this innovative classroom outreach program is aimed at heightening health and safety the understanding of among future workers. Since its launch in 1995, it has touched the lives of 350,000 students.

As a volunteer in the program for the past 18 years, Brian Mercer is one of 190 health and safety professionals who spend their spare time championing awareness among Ontario's high schools. When he was 23 years old, Mercer suffered second and third degree burns to his legs while at work, an event that



"Young people between the ages of 15 to 24 are four times more likely to be injured on the job during the first month than workers in other age groups"

finally lands a position, it becomes even more critical to make sure they are successful in that role by staying healthy and safe.

Staying safe

"Young people between the ages of 15 to 24 years are four times more likely to be injured on the job during the first month than workers in other age groups," says Elizabeth Mills, President and CEO of Workplace Safety & Prevention Services. "Their exuberance and fresh perspectives are a great asset to an employer. It's a time in their lives when they are moving towards independence, but it's also a time when they need to be reminded about the importance of health and safety by the actions of co-workers and the care of others."

All too often fledgling workers begin their jobs without knowing their rights and they need extra support from employers and supervisors. "The bare minimum is not enough," says Mills whose inspired his passion to help others.

"Volunteering with WSPS'
Young Worker Awareness is an
opportunity to plant seeds in
fresh minds before they go into
the work environment," says Mercer. "If I can prevent one young
person from injury, my time was a
great investment."

He'll tell you that there's always someone in his class who shrugs their shoulders and says it won't happen to them. But tragically, injuries and fatalities do happen. Between 2006 and 2012, 48 young workers aged 15 to 24 died in work-related incidents. During this same period, more than 58,000 young workers received injuries resulting in lost time at work.

"Incidents occur when assumptions are made and knowledge gaps exist about the correct way to perform a task," says Mills. "We must encourage young workers to ask questions. They are usually very excited when they start a new job and want to perform well, but

they may need more day to day experience to know what questions to ask — or even ask about something they are not sure of."

Reinforce good behaviour

Employers and supervisors need to foster dialogue with young workers; support them when they ask questions; and continue daily, regular communication after they've been trained so that safe practices become safe behaviours in the longer term. "Good behaviours need reinforcement."

Young workers are most influenced by their co-workers and, are often deeply imprinted by the behaviours of the person who first employed them. "It's a great opportunity for employers to encourage best practices and role model and champion health and safety among their young workers," says Mills.

Simultaneously, young workers must own their behaviour, respecting workplace rules, asking questions, getting proper training, looking for and reporting hazards and wearing appropriate protective gear.

And, it's not limited to the workplace. "Safety happens at work, at home, and at play," says Mills. "Parents of young workers should have that conversation with their kids — addressing worker rights and responsibilities — including the right to refuse unsafe work." Mills adds that there's an abundance of resources available through the Ministry of Labour as well as organizations such as WSPS — all focused on working with businesses to ensure employee safety and success. Recent provincial regulations aimed at achieving improved outcomes include mandatory health and safety awareness training for all new employees as well as working at heights standards and certification training for Joint Health and Safety Committees.

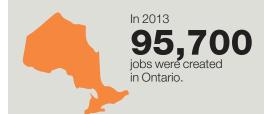
JANA MANOLAKOS

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FACTS



With all the jobs being created Ontario, safety training is more relevant than ever





\$295M

The amount the government is investing in the youth jobs strategy over 2 years.

SOURCE: ONTARIO GOVERNMENT





Call us today for a free health & safety consultation 1877 494 WSPS (9777) wsps.ca







INSIGHT

STARTUP SPOTLIGHT

Mediaplanet sat down with The Digital Media Zone in Toronto to talk to Klever Freire, CEO of DreamQii, about his startup that makes networked, social robots.

MP Why did you give up your day job?

KF I was working as an aircraft performance engineer when I launched DreamQii. I left because the appeal of creating a company based on the product vision in my head was too compelling to ignore.

MP Any advice for new entrepreneurs?

KF Give it your full attention, make full use of the networks of supporters available to you, and learn how to sell yourself and your business. Incubators and innovation centres can help you make vital connections to clients and funders.

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Why Canada needs more young entrepreneurs now

Entrepreneurship may be the big solution to Canada's high youth unemployment rate.

"There is an urgent need to invest in youth entrepreneurship," says Julia Deans, the CEO of Futurpreneur Canada, a national non-profit supporting entrepreneurs ages 18 to 39. "Not only is youth unemployment more than double that of older age groups, but half of the entrepreneurs who head the small and medium enterprises — which make up 98 percent of all businesses in Canada — will retire in the next decade."

You don't have to be a tech genius to launch a start-up. Ninety percent of the businesses Futurpreneur serves are mainstream ventures like restaurants, producers, and chiropractic clinics.

The brave choice

"There are lot of young people who are not finding jobs or are finding jobs that aren't meaningful or substantial," says Deans. "Entrepreneurship is a really brave response to that."

How can we best support young Canadian entrepreneurs? Futurpreneur consulted with 1,000 entrepreneurs, leaders, and educators to create a national action plan called "Unlocking the Power of Youth Entrepreneurship," released September 18.

The action plan

- Help young people launch and grow their businesses with mentorship, strong networks, and financing.
- Encourage a culture of entrepreneurship by teaching it in schools, giving class credit for businesses and with programs that encourage university students to run businesses.
- Foster competence and confidence in young people. "We need to be showing people that learning from your failures and moving beyond is perfectly fine. Too often in our country we look at failures and say, "They're done," says Deans.

Role models

The plan also calls for showcasing entrepreneurs as role models. For example, Samantha Chan, who at 26 left investment banking to launch Paintlounge, where people can experience the joy of 'social painting' — hanging out with friends while expressing their creativity on canvas.

She received \$15,000 in startup loans from Futurpreneur and enjoyed the support of a mentor.

Four years later, Paintlounge has three locations in Toronto and Markham and Chan loves her work like never before. "It's so meaningful to do something that you're passionate about as opposed to what I was doing before... I'm very happy with what I'm doing."

KIMBERLEY FEHR

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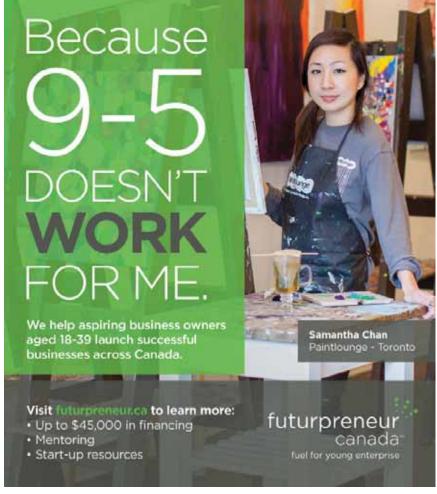


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INSIGHT

The inside track on one of Canada's most up-and-coming creative industries

We've all enjoyed computer games and been captivated by animated movies, but what are the options for somebody who wants to take their interest in 3D animation and character design one step further?

Here we take a look at what it takes to get into the industry and how your new career might progress.

3D animation and character design is one of the most exciting sectors on the planet right now, and for members of Generation Y, who have seen such rapid technological advances in their lifetimes, the thought of being at the cutting edge of the latest developments is tantalizing.

Developing your craft

It's a competitive industry though, so to differentiate yourself from the crowd you need to have the skills and perseverance to make it happen. "From life drawing, 2D illustration skills all the way up to creating a character for use in films, games, or any type of industry that uses 3D, students need to develop a lot of skills," says Dan Rickard, a professor of 3D animation and character design at Fanshawe College. "Learning 3D animation and character design also encompasses things like modeling, texturing, animation, rigging a character for movement and motion capture."

Wealth of opportunity

It's not the sort of industry in which you're tied down to one role or job; it's really up to the individual to figure out where they can fit in. That might be a design position at a video game studio, 3D graphics at a film studio, web graphics for an online company, or advertising.

"If people have an entrepreneurial spirit they can also try something on their own, like opening



their own studio or working on a contract basis," says Rickard. "There really are so many different places for people in the industry to get work right now."

3D printing, which allows companies to design and develop rapid prototypes, is an exciting area of development right now, and is likely to create lots of job opportunities over the coming years. "3D printing

is exploding right now," says Rickard. "It's amazing how much it's infiltrating the market."

A rewarding industry

In addition to being an exciting and dynamic industry, jobs in 3D animation and character design are generally well paid. Recent research has shown that a junior artist entering the video game industry can expect to earn \$40,000 - \$45,000 per year.

Usually you're considered to be a senior level artist after five or six years experience in the industry, and at this stage of your career you'll probably be earning between \$80,000 and \$90,000. A lead artist or art director can earn as much as \$90,000 - \$100,000.

"Obviously some employers go much higher than that and some start lower," says Professor Rickard. "Some companies offer starting salaries at \$30,000, while some technical directors can earn as much as \$250,000. Those are some massive earnings."

The opportunities are out there, but, ultimately, it's down to the passion and desire of the individual. "If you give it all you've got, you'll get somewhere in this industry," says Rickard. "It just all depends on how much you want out of it."

JOE ROSENGARTEN

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Taking your passion for photography to the next level

It is not easy to turn your passion into a career but with the right foundation and education anything is possible.

Mediaplanet Why did you decide to pursue photography as a profession, and what are the first steps you took to solidify your career path?

Raj Gadhvi In 1964, my grandfather had started doing photography full time in India and later on, the same profession was continued by my Engineer father in the 1990s. From an early age I was surrounded by photos, and as a result, I built up a strange but beautiful affection with the photo world — the magic show.

I graduated from Fine Arts in India, Commercial Art & Advertising, in 2007. Afterwards I continued in the same profession as a full



time photographer for five years. The conversion of photography from film to digital played a big role to build my fascination and encouraged me to learn more and go deeper.

There is always a huge constant change in the photo techniques

and industry, so it's important to keep up-to-date. Standard theories, history, and some more knowledge of marketing and business can help you to achieve your desired career for sure. So, I took a course with a specialization in photography at Fanshawe College, in London, Ontario and graduated in 2014.

MP What advice can you give to those who want to break into the photography and visual art industries?

RG Since the photo and visual industry is globalized now, it has become more connected with the help of digital technology. I see talented people around the world getting the accolades they deserve, because now photography is viewed as an art. The first bit of advice would be to always believe in yourself, and at the same time, be a good learner. It is like imagining, observing, and painting the lights on the paper or a screen. With proper guidance, education, and a passion to discover the world through your lens gives the best result.

MP Where do you see yourself, and the industry, in the future?

RG I don't know if there is any end, but a passion to capture moments and engaging in rewarding photographic experiments will definitely lead me along. I feel that I'll likely be teaching photography in the future. I enjoy exchanging knowledge with photo enthusiasts online in Canada and overseas. In a nutshell, having unique skills to be able to create a picture is very positive and must be a required component. That being said, good communication and marketing skills are a major part in the industry. The future of the photo and visual art industry is very bright and full of unlimited fun because it's a great blend of art, excitement, a serious business now a days.

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Theory and Production

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and Public Relations

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Interactive Media Specialist

Journalism - Broadcast

Media Theory and Production

Music Industry Arts

Music Recording Arts

Photography

Theatre Arts

Visual Effects and Editing

for Contemporary Media

fanshawec.ca/medla

Design

Bachelor of Applied Arts (Integrated Land Planning Technologies)

Bachelor of Interior Design

Fashion Design

Fashion Merchandising

Fine Art

Fine Art Foundation

Geographic Information Systems (GIS)

GIS and Urban Planning

Graphic Design

Horticulture Technician

Horticulture Technician Apprentice

Interior Decorating

Landscape Design

Technical Costume Studies

Theatre Arts -

Technical Production

metronews.ca Tuesday, September 30, 2014 **SPORTS**

Broadcast studio

Hockey Night in Canada moves into new dias

The iconic Hockey Night in Canada show is getting an expensive new home.

Rogers Sportsnet unveiled its new \$4.5-million Hockey Central studio on Monday. The flashy, modern studio will make its debut Oct. 8 when the NHL season opens and will anchor Rogers' NHL broadcast package, which includes Hockey Night in Canada.

The studio, located on the 10th floor of the CBC broadcast centre in downtown Toronto, is 1,022 square metres and contains nine separate sets. Features include a rotating anchor desk and a high-resolution monitor measuring 3.3 metres by 11.5 metres.

"Our hosts and commentators gasped when they saw the studio in action for the first time, and we're confident fans will as well," said Gord Cutler, Rogers' senior vicepresident of NHL production. "It's cutting edge and allows us to showcase the game in ways never seen before that will keep fans on the edge of their seats." THE CANADIAN PRESS

Avalanche

McLeod, Stuart sign contract extensions

The Colorado Avalanche signed forward Cody Mc-Leod and

defence-

man Brad

Stuart to

contract

Monday.

extensions



Leod's new deal runs



GETTY IMAGES FILE

30-year-old McLeod has 978

The

career penalty minutes, which are the most in Avalanche history.

Colorado acquired Stuart on July 1 in a deal with San Jose. THE ASSOCIATED PRESS



Next step awaits Sens defenceman

Jared Cowen.

23-year-old being counted on to put past disappointments behind him and become steady player on blue-line

Jared Cowen is only 23, but the Ottawa Senators expect him to raise his game and offer some veteran stability on the blueline in his fourth season with

What puts Cowen in a somewhat awkward position is that he's only played 158 NHL games.

Cowen had a solid rookie season, playing all 82 games while scoring five goals and adding 12 assists. The Senators were pleased with his development and saw a promising future.

didn't go as Things planned.

With the lockout the following year, Cowen began the

Oddsmakers are betting that Canada's Stanley Cup drought will extend to 21 seasons. Here are Bodog.ca's odds of the seven Canadian teams winning a championship.

- Canadiens: 18-1
- Canucks: 33-1
- Maple Leafs: 40-1
- Oilers: 50-1
- Senators: 66-1
- Jets: 66-1
- Flames: 75-1

season playing for Ottawa's American Hockey League affiliate in Binghamton, N.Y., but after just three games required surgery for a torn labrum in his left hip.

He managed to return to play the final seven games of the regular season and Ottawa's 10 playoff games that spring, but it was clear he was still labouring.

Last season, Cowen missed the start of training camp due to a contract dispute and struggled most of the season to find consistency in his game.

Cowen finished the season with six goals and 15 points after 68 games.

"I knew it right after games if I didn't play well," Cowen said. "It's a hard league and you can't always flip the switch on and off whenever you want to be better. I think it's all in the preparation and looking at what you did in the last game and what you did well and what you did bad and I think I did that after the sea-

Cowen took a different approach this past summer

to his off-season training. He worked with a skating coach, as well as a skills coach, and even took up Pilates.

"The main thing was just getting my body back to normal," Cowen said. "I didn't want to have to worry about it day in and day out. I kind of went off the beaten path and it feels like it's paid off."

The Senators have been pleased with Cowen's play of late. They have mainly paired him with Cody Ceci, but with Marc Methot sidelined with a back injury, Cowen has also found himself playing alongside star defenceman Erik Karlsson. The canadian press

Quoted

"I think Jared's one of the players on our team that we have to take the young label off of now – he's a plaver."

Senators head coach Paul MacLean

metronews.ca Tuesday, September 30, 2014



Media day? No sweat.

Houston centre Dwight Howard gets sprayed down during Rockets media day on Monday. Scan the image with your Metro News app to see some of the top media day images from around the NBA on Monday. DAVID J. PHILLIP/THE ASSOCIATED PRESS

Losing control?

Harbaugh says rumours are 'a bunch of crap'

Jim Harbaugh has no time for Deion Sanders, Trent Dilfer or others who question whether the fourthyear coach has lost his locker-room or the faith of his players.

In an NFL Network show Sunday, Sanders said of 49ers players: "They want him out. They're not on the same page."

"Personally I think that's a bunch of crap," Harbaugh responded Monday. "People say what they say."

Analyst Dilfer offered Monday on ESPN Radio that, "I do think it's become almost toxic."

Harbaugh is in the fourth season of his original \$25-million, five-year contract he signed in January 2011 when he left Stanford to become the 49ers coach.

THE ASSOCIATED PRESS

Bills

Marrone pulls Manuel

Buffalo Bills coach Doug Marrone benched starting quarterback EJ Manuel on Monday, one day after the former first-round draft pick completed less than half his passes and threw two interceptions in a loss to Houston.

Marrone said Kyle Orton will start Sunday's game against the Detroit Lions. The Bills signed Orton on Aug. 30 to back up Manuel.

Manuel was the Bills' first-round draft pick in 2013 and had started 14 games over the past two seasons.

He had a season-low quarterback rating of 59.4 and threw an interception to J.J. Watt that was returned for a momentumchanging touchdown Sunday during the Bills' 23-17 loss.

THE ASSOCIATED PRESS

Everyone deserves a second chance

Atonement. Storen, Kershaw and others enter the playoffs in search of a restart

Three years ago, Drew Storen was the confident young closer for the Washington Nationals, a first-round draft pick who saved 43 games.

Two years ago, he needed elbow surgery in April, worked his way back into the last-guyon-the-mound job by the time the playoffs rolled around, then allowed a ninth-inning lead to become a 9-7 loss in Game 5 of the NL division series against St. Louis, ending Washington's exhilarating season in excruciating fashion.

Last year, he lost his closer status to surprise free-agent signing Rafael Soriano, then was briefly demoted to the minors.

And this year? Storen was NL East champion Washington's primary seventh-inning reliever until early September, when he replaced the struggling Soriano as the closer and thrived. This year, then, is Storen's second chance: He and other major leaguers — Clayton Kershaw of the Dodgers and Adam Jones of the Orioles among them — are hoping to fare better than in past postseasons.

"I don't look at it as this big, emotional scar or anything. It's baseball, you know? You're going to have bad outings... It's a matter of moving on," Storen said, standing in front of his Nationals Park locker, where he sat silently and despondently



Washington Nationals relief pitcher Drew Storen throws during a game against Atlanta Braves in Washington. The playoffs are not only a second season but a second chance for the likes of Storen or Clayton Kershaw of the Dodgers, Adam Jones of the Orioles to atone for past playoff flops. ALEX BRANDON/THE ASSOCIATED PRESS

on that unforgettable night in October 2012.

"I'm a different person," Storen said. "And I'm a different pitcher."

That last part is obvious. He went back to his leg kick. He's quicker to the plate. He added a changeup that tricks lefties. His fastball goes where he wants.

"Just a testament to his fortitude," reliever Craig Stammen said. "Sometimes a little humble pie doesn't hurt any of us."

Storen has converted 10 of 10 save chances since Sept. 7, throwing 9-1/3 innings, with zero runs, six singles, 10 strikeouts, zero walks. At home, where Washington will be for Friday's Game 1 of an NLDS against Pittsburgh or San Francisco, fans sing "Droooooo!" when the 27-year-old righty takes the mound. When he signs autographs, they tell him how happy they are to see him succeeding.

Others eyeing a playoff turnaround include Kershaw, who just won his fourth consecutive ERA title but is 0-3 with a 7.23 ERA in three trips to the NICS; Jones, 2 for 26 in his one post-season so far, 2012; and Storen's teammate Bryce Harp-

er, 3 for 23 against St. Louis two years ago.

Even two-time AL MVP Miguel Cabrera hasn't quite lived up to his own lofty standards.

They have company: Several of baseball's greatest players took their lumps on the sport's biggest stages. Ted Williams hit only singles while batting .200 in Boston's 1946 World Series loss to the Cardinals — his lone post-season. Barry Bonds was known for October slumps until his remarkable 2002 for the Giants, which ended with a World Series loss to the Angels. THE ASSOCIATED PRESS



Special guy.' Blue Jays want Kawasaki to stay for 2015

He may not be the answer to the Blue Jays' problems, but general manager Alex Anthopoulos hopes to have popular Japanese infielder Munenori Kawasaki back next year.

The 33-year-old Kawasaki brings more than a bat and glove to Toronto.

Anthopoulos, at his endof-season media session Sunday, said all you need to do is watch Kawasaki in the dugout.

"(The) different people he sits beside during the game and the different backgrounds, knowing he can't speak English, just shows you how he can connect to anybody," said Anthopoulos. "It's amazing."

Manager John Gibbons grees.

"He's a special guy," said the Texan. "That's not what the game is all about, but he's good for our team."

Jays fans love Kawasaki for his quirky mannerisms, from stretching in the field in between plays to bowing to teammates. Despite his limited English, he even won a sponsorship with a local car dealership.

He spent all but three games in April and May with

triple-A Buffalo, returning to Toronto in mid-June. In 82 games, he hit .258 with 17 runs batted in. Wearing No. 66, he struck out 49 times in 240 at-bats but prolonged more than a few of those at-bats with his plate coverage, making things difficult for the pitcher.

And he can play anywhere on the left side of the infield.

Asked Sunday if he wants Kawasaki back in 2015, Gibbons said, "I love the guy."

"I don't know what's going to happen with the team, but he'll be playing somewhere. I know that." THE CANADIAN PRESS



AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

↑ Aries

March 21 - April 20

No matter how hard it may be to master a new technique you will do so eventually, so keep at it and don't give up.

Taurus April 21 - May 21

Make an effort to tackle routine matters today, Yes, of course, they are boring but if you don't get them out of the way now they will continue to nag at you.

II Gemini

May 22 - June 21

Don't stay silent just because you worry you might upset someone who has the power to make life difficult. Chances are they respect your opinions more than you realize.

9 Cancer

June 22 - July 23 You need to think deeply about important matters today but you also need to keep whatever conclusions you reach to yourself, at least for the time being.

€? Leo July 24 - Aug. 23

Why are you worrying so much about what might go wrong when just about everything in your life is going right? Maybe you fear your lucky streak will end. It won't.

M Virgo Aug. 24 - Sept. 23

A complicated and confusing situation will get even more complicated and confusing. So the best thing you can do is focus on something else.

△ Libra Sept. 24 - Oct. 23

You know what needs to be done to improve a relationship — so do it. A week from now, a lunar eclipse in your opposite sign will challenge both of you, so make sure the bonds of love are strong.

M Scorpio Oct. 24 - Nov. 22

Don't give up on a new enterprise because it is more difficult than you expected. You know the more you practice something, the easier it becomes, so give it time.

Sagittarius Nov. 23 - Dec. 21

You may find it hard to put your point of view across today, but that's okay. There is nothing that needs to be said. Read more, talk less!

17 Capricorn

Dec. 22 - Jan. 20

You are in a serious mood at the moment and may even be searching for the meaning of life. Something right in front if you will answer all those deep questions you have.

Aquarius Jan. 21 - Feb. 19

You have no end of talent but you need to add patience and hard work to the mix if you expect to be a success.

H Pisces

Feb. 20 - March 20

There will be moments today when you wonder if your efforts are truly appreciated but don't let the apparent indifference of friends and loved ones get you down.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

- 1. Allan , Republic of Doyle star 6. Intertwine 10. Valerie (Officer Wendy Sung on Motive)
- 14. Literature's T.S. 15. One being conned 16. Customer's slip [abbr.]
- 17. Aware 18. #10-Down's team,
- Cleveland 20. Edible seaweed 21. Red Hot Chili Pep-
- pers' Anthony 22. Selects a dish
- 24. Player listings 28. Arboreal
- dwelling 29. CEO's 'C'
- 32. 'Chick' suffix 33. 'Murdered' mytho-
- logically 35. Canadian
- journalist Rinaldo 37. Feline
- 40. Cdn. actor Will's 42. Mad Men
- creations, briefly 43. As an assembled abode
- 45. Gleans 47. 'Air'-meaning
- prefix 48. Eight member
- group 50. '80s hit: "(I Just) Died in Your 54. Tuscany's marble
- 56. Vowel-friendly

city

18 20 21 22 23 30 34 38 42 43 45 46 47 48 49 50 51 52 54 65 68 67 69 70

- Ontario village 58. Broccoli bloom
- 61. Perspective
- 62. Components of Elvis Presley's look
- 65. Formally boring 66. Jai's court partner

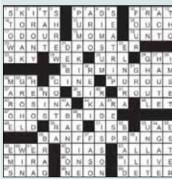
67. Prefix to 'byte' 68. Third canonical

hour 69. Hull's 'hundred' 70. Munich mister 71. No __ Salt (Food label info)

Down

- 1. Way to face a problem: 2 wds. 2. Beauty magazine
- 3. Handles
- 4. Gone with the Wind undergarments
- 5. River rollicker 6. Goo
- 7. Mr. Morales 8. __ weather warning
- 9. The Queen, in Canada: 3 wds. 10. Canadian basket-

- ball star Thompson 11. Soda cooler
- 12. Spring month 13. Late-shift times
- (abbr.) 19. ' ' for Labrador 23. Where Mike Myers
- was born; or, Simon & Garfunkel's 'Fair' song 25. Scandinavian story 26. Cdn. actress Fiona
- 27. Dates 30. Q. "Is there an
- #23-Down's answer?" A. "Yes, it's the last letter."
- 31. Torpid 34. California baseball
- team [acronym] 36. Cleopatra's snake
- 37. Politics channel
- 38. Nevada's ___ 51 39. Yukon, e.g.
- 41. __ it up (golf) 44. Give up due to a penalty
- 46. Canonized
- 49. Sex and the City character
- 51. Consider 52. Newman/Field's
- "Absence of
- 53. Finished as Elvis'
- blue shoes 55. Nite And Day: 1988
- hit for ____. Sure! 57. Bob Marley album:
- Revolution'
- 59. Mechanical 60. Ivan's terrible gig
- 62. NBA's Kings 63. -de-France
- 64. Roseanne hubby



See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	5	7	6	3	1	9	2	1
1	3	6	9	В	2	7	4	1
9	8	2	7	5	4	1	3	ŧ
8	7	1	2	6	3	5	9	Ņ
3	6	9	5	4	7	2	8	1
5	2	4	1	9	8.	3	8	7
7	9	3	B	1	6	4	5	3
6	1	5	4	2	9	8	7	2
2	4	8	3	7	5	6	1	5

					1			8
1		6			2	7		
	8						3	6
		1		6				4
			5		7			
5				9		3		
7	9						5	
		5	4			8		3
2			3					

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